

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

JANUARY 2017

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational, and cultural programs and activities.

Marion Council on Aging

2 Spring Street

Marion, MA 02738

Office: 508-748-3570

www.facebook.com/marioncoa

www.marionma.gov/coa

COA Office Hours: Monday—Friday, 9:00 a.m.—3:00 p.m.

Heather Sylvia, Director; hsylvia@marionma.gov

Karen Gregory, Program Coordinator; kgregory@marionma.gov

Margo Ruggiero, Outreach Worker; mruggiero@marionma.gov

MONDAYS AT THE MUSIC HALL

9:30 a.m.—11:30 a.m. Nursing Consultations with Kathy Downey

10:00 a.m.—11:00 a.m. Chair Yoga with Pamela Smith Paquette (**FREE January—March**)

11:45 a.m.—12:30 p.m. Lunch

12:45 p.m. Learning and Leisure Lecture

Learning & Leisure Lectures for January

January 2 - Holiday

January 9 - "Movement is Medicine"

Pain is an increasingly significant public health issue, affecting more Americans than cancer, diabetes, and heart disease combined. While pain often leads to decreased movement and activity, research has shown that exercise is imperative to maintaining health and reducing pain. Physical therapists can help to evaluate musculoskeletal dysfunction and advise with an appropriate exercise program to reduce painful symptoms and maintain mobility in order to participate in family and community activities. Don't let pain control you - please join us for a discussion on how physical therapy can help you take the control back!

Presentation by Chiron Physical Therapy.

January 16 - Holiday

January 23 - "The Art of Ancient Greece"

Jill Sanford will give a brief, yet thorough overview of the amazing innovations in Ancient Greece's pottery, sculpture and architecture. With an emphasis on Greece's famous Classical time period, we'll make connections with ancient Rome as well as with our own culture.

January 30 - "Woods Hole Oceanographic Institute"

Woods Hole Oceanographic Institution is the world's leading, independent non-profit organization dedicated to ocean research, exploration, and education. Their scientists and engineers push the boundaries of knowledge about the ocean to reveal its impacts on our planet and our lives. Join Kathy Patterson as she gives us an overview of the invaluable work that is done there of understanding the oceans for the benefit of our planet and our future.

January Menu

*To ensure enough food, please **RSVP by the Thursday before**. 508-748-3570.*

Iced and hot tea/coffee/yogurt/fruit/dessert included. \$3/suggested donation

January 9: Grilled cheese sandwiches with bacon, salad

January 23: Roast beef sandwiches, salad

January 30: Mediterranean tuna salad

HEALTH, WELLNESS & SERVICES

CHAIR YOGA

With **Pamela Smith Paquette**

Mondays at the Music Hall. 10:00 a.m.—11:00 a.m.

Free January—March 2017

CARDIO DANCE FIT

With **Ellie Higgins**

Mondays at Atlantis Drive. 9:30 a.m.—10:30 a.m.

\$4/class

TAI CHI

With **Kyle Marston**

Thursdays at the Music Hall. 11:00 a.m.—12:30 p.m.

\$10/class

SENIOR FITNESS CLASS

With **Karen Corcoran**

Tuesdays and Thursdays 9:30 a.m.—10:30 a.m. at the Music Hall. Sponsored by Friends of Marion Visiting Nurse. *\$35/10 week session*

STRENGTH AND CONDITIONING

With **Larry Bigos**

Wednesdays at the Music Hall. 10:15 a.m.—11:15 a.m.

\$3/class

SHINE COUNSELOR

(Serving Health Information Needs of Everyone)

Have a question about your health insurance? Need information about prescription coverage? Ask our SHINE Counselor. Call 508-748-3570 to arrange an appointment.

DENTAL CLEANINGS & SCREENINGS

The Dental Hygienist Program provides a public health dental hygienist that travels to the **Marion Music Hall** with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. Contact **Holly Petruzzo** at **774-766-7238** for information.

BOSTON FOOD BANK COMMODITY PROGRAM

Could you benefit from free groceries each month? The Marion COA participates in the Commodity Supplemental Food Program, Boston Food Bank which is being offered to qualifying Marion seniors, age 60+, who have Mass-Health or receive SNAP benefits. Verification of identity, age, residence and income will be required upon applying. For more information call the Marion Council on Aging's Outreach Worker, Margo, at 508-748-3531.

TRANSPORTATION FOR MARION RESIDENTS

Transportation is available for Marion residents in need of rides for grocery shopping, personal errands and medical appointments. Please call the COA office as soon as you know you will need a ride as slots fill quickly, 508-748-3570. When calling please have the exact date, time and address of your appointment. Boston appointments must be scheduled no later than 1:00 p.m.

WATERFRONT MEMORY CAFE

Every Wednesday

11:45 a.m.—12:30 p.m. Lunch

12:30 p.m.—2:00 p.m. Activity

Weekly programming for individuals with Alzheimer's or other memory loss; **with their care partner, family or friends**, in a safe, supportive and engaging environment. For more information call the Marion COA, 508-748-3570.

The Marion Waterfront Café is sponsored, in part, by funding from The Massachusetts Association of Councils on Aging and Senior Centers, MA Executive Office of Elder Affairs, The Marion Police Brotherhood and Friends of the Marion Visiting Nurse.

FREE AND PRIVATE LEGAL CONSULTATIONS

Free, private 15-minute legal consultations with **Brandon C. Walecka, Esq.** will be available on **Tuesday, February 7th** in the COA office, 2 Spring St. To reserve your appointment please call the COA office, 508-748-3570.



PUBLIC HEALTH NURSE

Health consultation and education, blood pressure and glucose monitoring, wound assessment and routine adult vaccinations on **Mondays** at the **Music Hall** from **9:30 a.m.—11:30 a.m.** The nurse is available by appointment Tuesday—Friday, contact the Board of Health at 508-748-3530.

SNOW POLICY

When the Marion public schools are closed due to a weather related emergency, COA sponsored activities will also be cancelled. If it is school vacation or you just aren't sure, please call the COA office, 508-748-3570. Even if we are closed the voicemail will be updated.



VENUE CHANGE—SENIOR FITNESS

Beginning in January 2017, the **Senior Fitness Class** with instructor Karen Corcoran will **no longer** be held at the First Congregational Church Hall in Marion.

The class will continue at the **Music Hall, 164 Front Street** on **Tuesdays and Thursdays, 9:30 a.m.—10:30 a.m.** This building is handicap accessible with ample parking across the street. Senior Fitness is sponsored by the Friends of Marion Visiting Nurse.

JANUARY BIRTHDAYS

Is your special day in January? Let us help you celebrate! **Monday, January 9th, 11:45 a.m., Music Hall**, Front Street. Kindly call the COA office, **508-748-3570**, if you plan to attend. Birthday cake is generously donated by the **Tremont Rehabilitation and Skilled Nursing Care Center**.

BEHAVIORAL MEDICINE OUTPATIENT PROGRAM

Saint Anne's Center for Behavioral Medicine (Fall River) provides short-term, intensive treatment for people over the age of 45 who are experiencing psychiatric issues such as depression, anxiety, grief, stress and memory problems. The Partial Hospital Program, offering intensive outpatient services, includes a structured group program, case management services and medication management. Transportation is available for Marion residents through the COA. For more information contact the Center for Behavioral Medicine, **508-674-7000**.

CONNECT WITH MASSRELAY AND CAPTEL SERVICE

Captioned Telephone (or CapTel for short) is telephone technology that allows people to receive word - for -word captions of their telephone conversations. The CapTel phone looks and works like a traditional home phone, with callers talking and listening to each other, but with one very significant difference: captions are provided live for every phone call. The captions are displayed on the phone's built in screen so the user can read the words while listening to the voice of the other party. Are you still active and on the go all the time? The same technology that generates captions on a CapTel home phone is available on a smart phone, tablet or computer through Massachusetts Relay's service provider. Making and receiving calls is more accessible than ever!

There is a cost to purchase a CapTel telephone directly, **however** there are many programs available for people who have hearing loss to receive a CapTel phone free or at a reduced rate. In MA, CapTel equipment is provided to people with hearing loss through the state's Equipment Distribution Program (MassEDP). You can obtain an application for MassEDP by calling **1-800-300-5658** or Margo Ruggiero, Outreach Worker for the Marion COA, **508-748-3531**.

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

#1

If you need police



#2

If you need fire



#3

If you need an ambulance



If the 9-1-1 dispatcher asks questions, press

#4

For YES



#5

For NO



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URGENT CARE OR THE EMERGENCY ROOM



When urgent medical events happen, we're often faced with uncertainty about where to go for care, especially if the symptoms seem severe and our primary doctor's office is closed. It's important to recognize the differences between urgent care and emergency care. Remember to always trust your "gut instinct." If you think you need to be seen by a doctor, don't wait until it's too late. It could save your life in a medical emergency!

You should always dial 9-1-1 if the following symptoms are occurring with you or someone in your household:

- ◇ Persistent chest pain
- ◇ Difficulty breathing
- ◇ Sudden clumsiness, loss of balance or fainting
- ◇ Sudden difficulty speaking or understanding speech
- ◇ Sudden weakness or paralysis, especially on one side of the face or body
- ◇ Altered mental status or confusion, including suicidal thoughts
- ◇ Severe heart palpitations
- ◇ Allergic reaction to food or bug bites
- ◇ Sudden vision changes, including blurred or double vision and full or partial vision loss

It's time to head to the emergency room if you are experiencing the following symptoms or issues:

- ◇ Severe pain
- ◇ Sudden, severe headache
- ◇ Falls that cause injury or occur while taking blood thinning medications
- ◇ Broken bones or dislocated joints
- ◇ Deep cuts that require stitches
- ◇ High fevers or fevers with rash
- ◇ Serious burns
- ◇ Seizures without a previous diagnosis of epilepsy

Urgent Care Centers see patients on the same day that they call or come in. Urgent medical conditions are ones that are **not** considered life threatening emergencies but still require care sooner rather than later.

You should seek out urgent care treatment if it's outside of regular office hours for the following symptoms:

- ◇ Fever without rash
- ◇ Ear pain
- ◇ Painful urination
- ◇ Persistent diarrhea
- ◇ Sore throat
- ◇ Vomiting
- ◇ Minor trauma such as a common sprain or shallow cut

If you are still not sure, call your doctor. If the office is not open, your phone call may be forwarded to someone who is covering for the office. Describe your symptoms to the physician or nurse practitioner who answers your call, and find out what you should do. When calling be sure to have a current list of your medications, including dosage, on hand.

Information taken from:

- ◇ Center for Disease Control's National Hospital Ambulatory Medical Care Fact Sheet: Emergency Department.
- ◇ www.cigna.com
- ◇ www.scripps.org
- ◇ fairhealthconsumer.org/reimbursementseries.php?terms=emergency-care-and-urgent-care
- ◇ Kathy Downey, PhD, RN, Public Health Nurse

FITNESS REIMBURSEMENT

Does your health insurance plan offer a fitness reimbursement? Fitness reimbursements apply to monthly fees paid to a facility (such as the YMCA) or an exercise instructor that provides cardiovascular and strength-training classes for improving physical fitness. Each insurance plan is different and reimbursement rates range from \$50—\$200 per calendar year. Original Medicare doesn't cover gym memberships or fitness programs but if you're participating in any of the COA's exercise programs it's worth checking with your Medicare health plan or Medicare Supplement Insurance (Medigap) plan to see if gym memberships or fitness programs are part of the extra coverage that it may offer. If it is, they will mail out a *Fitness Benefit Request Form* which the COA office can help you complete and return.

REGISTRY OF MOTOR VEHICLE NEWS

AAA members in MA can now take advantage of the following Registry of Motor Vehicles services at the **Fairhaven AAA branch office**, 2 Fairhaven Commons Way, Fairhaven. Branch Hours: Monday - Friday 9:00 a.m. – 5:00 p.m. and Saturday 9:00 a.m. – 1:00 p.m.

- ◇ License Renewals (Class D, M, DM only; excluding CDL's)
- ◇ Duplicate License (Class D, M, DM only; excludes CDL's)
- ◇ ID Renewal (No Liquor IDs)
- ◇ Veteran Designation on Driver's License or ID (Excludes CDL's)
- ◇ Registration Renewals (under 55,000 lbs)
- ◇ Duplicate Registration (under 55,000 lbs)
- ◇ Registration Amendments
- ◇ Registration Transfers
- ◇ Duplicate Titles
- ◇ Replacement License Plate Stickers

Questions regarding handicap placards, etc. should be directed to MA RMV Medical Affairs Office at **1-857-368-8020**.

NEW DAY TRIP POLICY

All available day trips will be posted both in the COA newsletter and online. Beginning November 1, 2016, sign-ups for any day trip (unless otherwise specified) **will not be allowed more than 14-days prior to the trip.**

This will allow everyone sufficient time to receive (and read) their monthly newsletters. Sign-ups will still be on a first come, first served basis with priority being given to Marion residents.

JANUARY 2017 TRIP

Night Becomes Us, photographs by the Greater Boston Night Photographers at the **Art Complex Museum** of Duxbury. **Thursday, January 12, 2017**. Van departs from the Town House, 2 Spring Street promptly at **12:00 p.m.**, returns around 4:30 p.m. Admission is free.

Postage for this newsletter is paid for through a grant from The Executive Office of Elder Affairs.

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